

SEA BREEZE



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Thursday, 7th September



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2023 TERRIGAL PUBLIC SCHOOL CALENDAR TERM 3

MONTH /Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JULY 1	17	18 Students return to school	19	20 Boys PSSA Knockout	21
JULY 2	24	25	26	27	28 NAIDOC Day
JULY/AUGUST 3	31 Education Week Book Week Book Parade (K-2)	1 Education Week Book Week S1 Walkabout Excursion	2 Education Week Book Week Belonging THS Yr 6	3 Education Week Book Week S1 Walkabout Excursion	4 Education Week Book Week THS Yr 6 Interviews
AUGUST 4	7 Girls Basketball	8 Yr 5 Leadership Fundraiser for Koalas Mufti Day	9 Athletics Carnival Belonging THS Yr 6	10 Debating	11
AUGUST 5	14 Boys Basketball	15 PSSA Touch Football	16 Belonging THS Yr 6	17 S2 Excursion 3B & 3C	18 Healthy Harold <i>Zone Athletics Carnival</i> S2 Excursion 4A, 4C, 2/4M & 4/6L
AUGUST 6	21 Healthy Harold	22 Healthy Harold <i>School Leaders Parliament House</i>	23 Healthy Harold	24 Healthy Harold <i>S2 Excursion 3H, 3M & 3/4R</i>	25 Healthy Harold <i>S2 Excursion 4D, 4R and 3/4R</i>
AUGUST/ SEPTEMBER 7	28 Healthy Harold Girls PSSA Cricket	29 <i>TGT Rehearsal</i> Girls AFL State Finals – Paul Kelly Cup Yr 6 Taster	30	31 Father's Day Stall Girls PSSA Cricket	1 Fathers Day Breakfast and stall
SEPTEMBER 8	4 P&C Meeting	5	6 Great Book Swap <i>Mufti Day</i>	7	8 B&G Basketball
SEPTEMBER 9	11	12 Yr 6 Taster Day	13	14 R U OK Day TGT Show K, Yr 1 & Yr 2 (10.30am) TGT Show Yr 3 & Yr 4 (1.25pm)	15 <i>TGT Show Yr 5 & Yr 6 (1.25pm)</i>
SEPTEMBER 10	18 S3 Music Day - mufti	19	20 S3 Camps	21 <i>K-2 Athletics Carnival</i> S3 Camps S2 Excursion	22 S3 Camps

WHAT'S ON Week 9 Term 3

Monday 11 th September	Tuesday 12 th September	Wednesday 13 th September	Thursday 14 th September	Friday 15 th September
	Yr 6 Taster Day		R U OK DAY <i>TGT show K, Yr 1 & Yr 2</i> <i>TGT Show Yr 3 & Yr 4</i>	TGT show Yr 5 and Yr 6

PRINCIPAL'S REPORT

Father's Day Breakfast

It was so lovely to see so many fathers and people who take on the fathering role join us for breakfast last Friday. Thank you for your support of this event. A huge thank you to Mrs Martin and the wonderful team of teachers who cooked and served bacon and egg rolls on Friday morning. Special thanks to Mrs Martin who spent a great deal of her own time organising this event.



Great Book Swap



Yesterday our school participated in the The Great Book Swap to support the Indigenous Literacy Foundation.

Our students contributed a gold coin donation and wore mufti in the colours of the Aboriginal or Torres Strait Islander flags (red, yellow, black, blue green and/or white). It was a wonderful day and the students had a great time swapping and selecting books. Thank you to all of the families and community members who donated books and gold coins to support the Indigenous Literacy Foundation. Thank

you also to Ms May and Ms Hamilton who put a lot of time into organising this very successful event.

Terrigal's Got Talent

We are looking forward to Terrigal's Got Talent which will be held on Thursday and Friday of next week. We are so excited about the many talented students who will be performing. Thank you to Mr Krisher and his team of helpers who have worked so hard to organise this event

SASS Appreciation Week

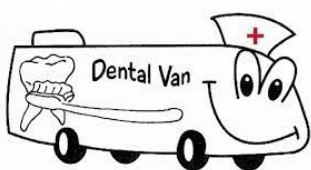


We know you are aware of the valuable work our school support staff do every day of the school year. These staff members support everyone in our school community, the teaching staff, the students and families, as well as each other. Each year we celebrate PSA (SASS) Schools Recognition Week to acknowledge the contribution of our wonderful staff members who work in the office, the library, in the school grounds, in a classroom setting, supporting the wellbeing of students or in other roles. PSA Recognition Week is an opportunity for our school community, to show our appreciation to these dedicated staff members for their professionalism and hard work. We encourage you to take some time this week to show our SASS staff your appreciation.

Girls and Boys Basketball Teams

We wish our girls and boys basketball team all the best for this Friday and thank Mr Delaney and Mrs Lythall for all of the work they put into coaching these teams.

Dental Van Visit



Early next term the Central Coast Health District Dental Health vans will be at school. Students can have their teeth checked for free and then parents are informed if any necessary follow up actions are required.

A note explaining the service and seeking permission for your child to attend has been sent home, and an information sheet has also been attached to this week's newsletter.

Check-in assessment for Years 3-6

During Term 3 and 4, students will participate in the Check-in assessment.

The Check-in assessment is a NSW Department of Education online literacy and numeracy assessment available to support schools to assess and monitor student learning.

The assessment can supplement existing school practices to identify how students are performing in literacy and numeracy and to help teachers tailor their teaching more specifically to student needs. Students with disability may receive the same level of support during the assessment they would normally receive in the classroom.

- The assessment will be scheduled for our Year 6 students during Weeks 8-10 of this term.
- The assessment will be scheduled for our Year 3-5 students during Weeks 1-4 of next term.
- All students complete a reading assessment and a numeracy assessment. Year 6 students will also complete a writing assessment.

CRICKET SUCCESS

Last week the girls' cricket team took on Gosford PS in the Semi Final of the Sydney North PSSA competition. Terrigal won the toss and elected to bowl where we were able to take regular wickets and restrict Gosford to 6/81. In response with the bat, the Terrigal girls chipped away at the total and set up a very exciting finish, eventually hitting the winning runs with only 3 balls to spare.

The match was played in good spirits and both teams should be commended on their great sportsmanship throughout. Congratulations to the girls who now progress to the Sydney North Grand Final early next term.

Thank you to Mr Bridge for coaching. He was up against his wife, Mrs Bridge from Gosford Public School 😊 Talk about a coincidence.



Be At School On Time



It is important that every child is at school ready to start class at 8.55 am.

Some parents have been noticing that they are receiving messages that their child was late to school. These messages arrive the day **after** your child was late. If your child is late you need to provide a reason for the lateness. The message prompts you to provide a reason.

In a recent audit the auditor highlighted that we needed to follow up all students who are late, even those that are only one or two minutes late.

The best way to ensure you don't receive a message is to ensure your child is at school ready for class by 8.55am.

Tracey McKeown and Sandy Knowles
Deputy Principals



NSW Health Mobile Dental Program



Brush your teeth
morning and night



Eat more
fruit and veges



Choose water
as a drink



Have a regular
dental check-up

NSW Health Primary School Dental Program

NSW Health is working with the Department of Education and public primary schools to offer free dental check-ups and preventive care, to all students as part of a school-based mobile dental program. Our school has been selected to participate the program.

Many parents may not realise two important things about their children's teeth:

1. Good oral health is essential for children to successfully learn and participate at school, and
2. NSW Health offers free public dental health services to all children under 18 years of age.

Learning and behaviour difficulties at school can start with tooth and gum problems. That's because decay and gum disease can cause pain and difficulties in eating, sleeping, talking, concentrating, and learning, which can in turn affect a child's behaviour in class. A child with tooth decay may feel self-conscious about the way their teeth look and feel, making it harder for them to join in class and social activities.

Our school is participating in the program and offering students the opportunity to have free dental check-ups in a comfortable and familiar environment at school. With a parent/carers consent, students are able to have a free dental check-up and free preventive care.

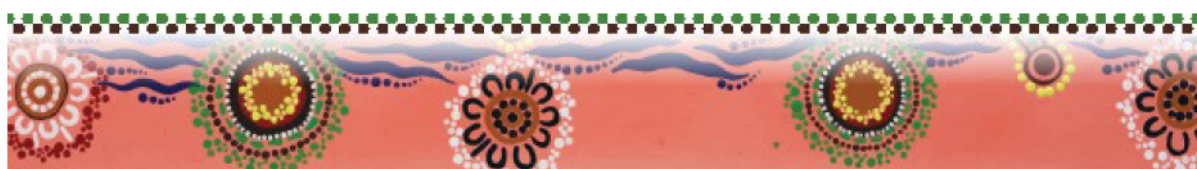
The program is scheduled to visit our school from 9/10/2023 to 27/10/2023.

A Parent Information and Consent Pack will be sent home with each student, and includes information sheets, consent forms and the program privacy statement. Parents/carers who want their child to receive care are advised to:

1. Read all the information provided in the pack
2. Carefully complete all the fields of the consent forms
3. Return the consent forms to the school as soon as possible

More information about the program or how to access public dental clinics is available on the NSW Health website at: <https://www.health.nsw.gov.au/oralhealth/primaryschool dental> or <https://www.health.nsw.gov.au/oralhealth/Pages/default.aspx>

If you have any questions, please contact CCLHD Primary School Mobile Dental Program – Wyong Hospital on 4394 4842 or email CCLHD-MDC@health.nsw.gov.au



Kindergarten 2024



Enrolments are now being taken for students starting Kindergarten 2023. Enrolments can be made online
<https://ehub.enrol.education.nsw.gov.au/schoolenrolment/?schoolCode=3191>

To ensure that all relevant information can be sent to enrolling families, we are hoping that all enrolment documentation can be returned to the office by the end of August.

Brooke Walkaden
Assistant Principal – ES1



ADMINISTRATION CORNER

School Bytes

School Bytes is now up and running. You are able to register for access to the Parent Portal via this link: <https://portal.schoolbytes.education> or by going onto the school's website on www.terrigal-p.schools.nsw.edu.au and following the 'Make A Payment' link.

Please give me a call if you have any questions or feedback.

Money Currently Due

Early Stage 1 (Kindergarten)

- Book Pack - **\$50**

Stage 1

- Book Pack - **\$50**

Stage 2 (Years 3 & 4)

- Book Pack - **\$50**
- SAKG - **\$20 for the whole year or \$5 per term**

Stage 3 (Years 5 & 6)

- Book Pack - **\$50**
- Year 5 Aussie Bush Camp Deposit- **\$100**
- Year 5 Aussie Bush Camp Remainder - **\$250 (camp cost total of \$350)**
- Year 6 Canberra Excursion Deposit - **\$100**
- Year 6 Canberra Excursion Remainder - **\$295 (camp cost total of \$395)**

Support Unit

- Book Pack - **\$15**

*Ulrike Myers
Admin Manager*

Julie's Corner

Student Wellbeing Officer

3 WAYS TO IMPROVE YOUR CHILD'S FRUSTRATION TOLERANCE

Let your child be frustrated. You might want to intervene or remove the source of their frustration... But that's often a mistake! Instead of shielding your child from frustration, **expose them to small doses.**



USE THESE 3 SIMPLE WAYS

1 ROUTINELY ASK THEM TO WAIT FOR THINGS

- ◇ "You can have your dessert in 15 minutes. You can play outside for now."
- ◇ "I can't wait to hear about your day. First, I need to finish up these e-mails. Give me 20 minutes please."
- ◇ "I know you want to know the plan for this weekend. Let's wait for your dad to figure it out."

2 PLAY BOARD GAMES THAT INVOLVE PATIENCE AND COOPERATION

- ◇ SORRY
- ◇ Race to the Treasure
- ◇ Uno
- ◇ Cauldron Quest
- ◇ Suspend

3 GRADUALLY ADD A LITTLE MORE COMPLEXITY OR NEW RESPONSIBILITIES

- ◇ "This week you can vacuum the living room. Next week, you can do the bedrooms, too."
- ◇ "After you pair the socks, why don't you try folding the shirts, too?"
- ◇ "I bought the supplies for you to make your own lunch this week."

Help your child get used to feeling frustrated. Teach them that frustration is impossible to avoid but is possible to overcome. When they gradually build up their frustration tolerance, they will be less likely to give up when things get hard!





Canteen Roster

Term 3	Week 8
Mon 4	Cheryl
Tues 5	Hitomi
Wed 6	Alexandra
Thurs 7	Jo M
Fri 8	Kate, Eliza
	Week 9
Mon 11	
Tues 12	Mary Ann
Wed 13	Katja
Thurs 14	
Fri 15	Emma, Skye, Kelly
	Week 10
Mon 18	Michelle B
Tues 19	
Wed 20	Lisa
Thurs 21	Michael
Fri 22	Amy, Jen, Jodie

Contacting the Canteen

Please contact the canteen by phoning the school office and being put through to us.

Please try not to call directly on our mobile phones or message on Facebook Messenger, especially as I will be away on holidays in the last week of school this term. I may not see your message and be able to help out when you need it.

If you call through the office, the canteen staff working can make sure you get the help you need on the day.

Thank you for this!

Please remember, if you have any questions about the canteen, including ingredients, feedback or to discuss volunteering, you can contact us at the canteen from 8am-2pm Monday to Friday.

Thanks, Lyn

The canteen has partnered with Spriggy Schools for online lunch orders!

Creating your account

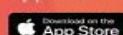
- Download the app
- Register your details
- Create a profile for each child

Placing your first order

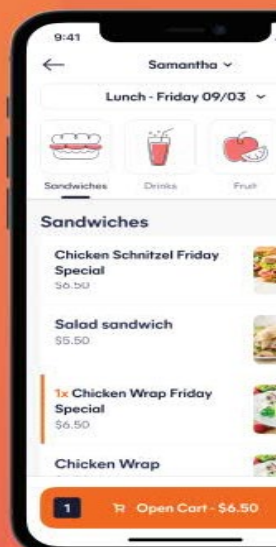
- View the canteen menu on the home screen
- Browse the menu and tap 'Add to Cart' on any item
- Go to cart and tap 'Place Order' to confirm
- You can edit or cancel your order before the cut-off time



Download the app now!



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McKillop Seasons

at Terrigal Public School

Change happens to each and every one of us.

We all have a story to tell.

Sometimes the change is completely unexpected and leaves us feeling lost, empty, angry unable to explain how we feel but thinking, "no-one understands".

McKillop Seasons is an educational, peer-support, grief and loss program, that aims at increasing our kids resilience to cope when unexpected change happens, and the people we love are just not there anymore.

McKillop Seasons focuses on the health and wellbeing of those who choose to participate, and the effects that 'change', associated with death, divorce and/or separation, can have on the child.

The program is an early intervention program offering continued support, it will be commencing in Term 3 at our school.

Please let your class teacher know if you would like your child to attend.



The school office will also be able to help anyone with enquiries.





New Member Registration Day

Come along and meet our club representatives. We are a fun, friendly and family orientated Club.

2023/24 Season

Sunday 17th September
3pm – 5pm @ NASLSC

All Members are invited to SIPS and a BBQ from 5pm

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AND EQUIPMENT NEEDS!**

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CENTRAL COAST

TERM 4 - SUNDAYS

Pluim Park
Sunday 15th October -
Sunday 10th December
8:30am - 10:00am

Cost:
\$100 or
\$50 with AKV

REGISTER HERE

www.footballnsw.com.au

NSW GOVERNMENT THE UNIVERSITY OF NEWCASTLE AUSTRALIA

DAUGHTERS & DADS FOOTBALL



**School holiday camps
on sale now!**



NEW Minecraft Engineers

PLUS YouTube Creators • Coding • DJ • Roblox
Animation • Design • Minions • Jurassic World

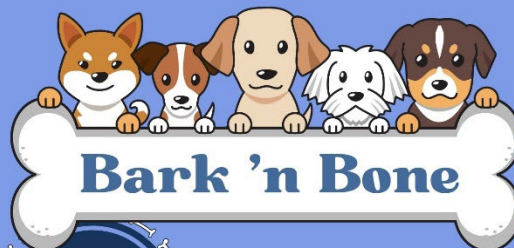
Book now at codecamp.com.au/flyer

SAVE \$25

Use coupon code
EARLY25 at checkout



**CLAIM YOUR
\$50 REBATE**



**Cafe
Launch**

~11.30am

*Impact Gym Doggy Boot
Camp*

~ Doggy Market Stalls

~ Face painting

~ Prize for 'Best Dressed' Doggy

Saturday 16th September

11-2pm

Impact Centre, Erina

Family Fun Day

Proudly supported by Terrigal Neighbourhood Centre



coerver **CENTRAL COAST**
COACHING

coerver *holiday camp*
COACHING

**WHEN: THURSDAY 5 OCTOBER - FRIDAY 6
OCTOBER**

TIME: 9:00AM - 12:30PM EACH DAY

LOCATION: DUFFYS ROAD OVAL

TERRIGAL

REGISTER NOW:



<https://coerver.com.au/holiday-camps>



centralcoast@coerver.com.au



0492 024 817



SCAN ME





Come and Try Softball!!!

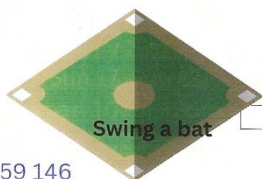
Sat 16 & Sun 17, Sun 23rd
September 10am-12pm
Pat Morley Oval, Bateau Bay
OR Sun 24th Sept 10-12pm
Passage Rd Bateau Bay

Decoys Softball club



All games played
@Bateau Bay on
Saturdays
AGES 4 AND UP

Season Dates:
14 October 2023-
March 2024



Contact: Naomi 0414 759 146
decoyssoftball@yahoo.com.au

Central Coast Spring Holiday Junior Chess Tournament (ages 6 to 17)



Rated by
NSWJCL

For NSW country players. Limited to 140.
Please don't pay until entry confirmed.

Entry fee \$10

For full entry details
please email, not text:

Gary Losh

glosh6090@gmail.com

0432 453 726

Friday 6 October

Must pre-enter by Wednesday 4 Oct.

Central Coast Grammar School

9.30am – 4.00pm

Minimum ability: Must know how to move the
pieces and complete games independently.

Littlies by the Lake

Playgroup at Terrigal Presbyterian Church

Starting Term 4
12th October
Thursdays 9:30 – 11:00am



For all parents, carers and their 0 - 6 year olds
Morning tea provided and only \$3 per week
2 Willoughby Road, Terrigal
For more information, contact Mel 0402 675 571

Craft Songs Stories God's Love

Aboriginal Early Childhood Screening Clinic **NEW DATE**



Audiology

Speech Pathology

Immunisations

Milestone Education

Remember to bring
your child's
Medicare card
and
Blue Book

Who: Children aged 6months - 6Years

Where: Nunyara Aboriginal Health Unit
2 Ward St, Gosford

When: Wednesday 06/09/2023

10:00am - 2:00pm

Bookings preferred, walk-ins accepted

Limited parking available onsite

Please contact Nunyara on 4320 2698
for more information

Transport available through YERIN 4351 1040



Health
Central Coast
Local Health District



Making a move? Score \$250 – \$2,000 for Terrigal Primary.

We're always exploring new ways to give back to our local community. This season we'll be donating \$250 to Terrigal Primary when you sell your property through us – OR make a donation of up to \$1000 from the proceeds of your sale and we will match it in kind*. It's all part of our commitment to live, love, support #local.

** terms of offer will be met upon property settlement.*

propertycentral

PHONE 02 4385 6423

Terrigal Neighbourhood Centre
in partnership with
Central Coast Surf Academy

**TERRIGAL
SURFING FUN DAY**
for ages 7 and up

**TUESDAY
26**
SEPTEMBER 2023
9-10 OR 10-11 am

Proudly subsidised by Terrigal Neighbourhood Centre
Numbers limited

 **\$10 for a 1hr lesson**
For bookings
contact Green Point Community Centre
on 43 677 591
surfboards provided, meet at the trailer
at the end of Pacific St near the lagoon



You can now
find us at **Terrigal Marine
Discovery Centre**
every Tuesday 10-1pm.

Pop in for information and support.

We provide assistance with
Food relief
Referral to other organisations
JP services.


TERRIGAL
NEIGHBOURHOOD CENTRE

Find out what programs and community events
we are running.
Contact Jane on 0413 397 716